

Chocolate Protein Bars

A protein bar that will satisfy any cravings while helping keep blood sugar balanced and energy level stable.



Ingredients

80g coconut oil
100g nut butter
75g honey
350g oats
100g chocolate protein powder
300ml of any type milk
30g flax seeds
2 tbsp cocoa powder

Optional extras

Any seeds e.g. pumpkin, chia, sunflower
Chopped nuts
Raisins (or any other dried fruit, chopped)
Chunks of 70% chocolate



Serves : 20

Nutrition per serving:

Calories : 175

Protein: 5g

Carbs: 15g

Fat: 7g

Fibre : 2g

Method

- * In a large saucepan melt the coconut oil, peanut butter and honey. Mix together and turn off the heat.
- *Add the protein powder, cocoa powder and the milk, stirring it together until it makes a thick paste.
- *Add the oats and any of the other ingredients you want and stir until everything is well mixed.
- *Spread it into a 20 by 20cm tin or baking tray that has been lined with foil, cling film or baking parchment, smooth down until it is level and place in the fridge until it's set. Cut into pieces and store the fridge.

Recipe Notes.

The recipe makes approx. 20 bars. They can be kept in freezer and just taken out when needed.